



ANDOVER
Chiropractic Centre

SLEEP WELL AND KEEP YOUR SPINE ALIGNED

THE SIDE SLEEPER

The position

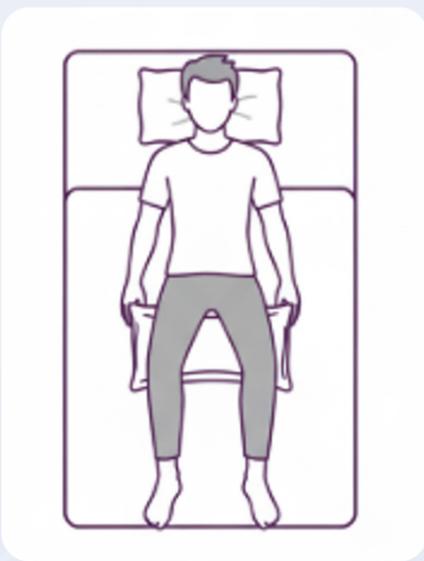
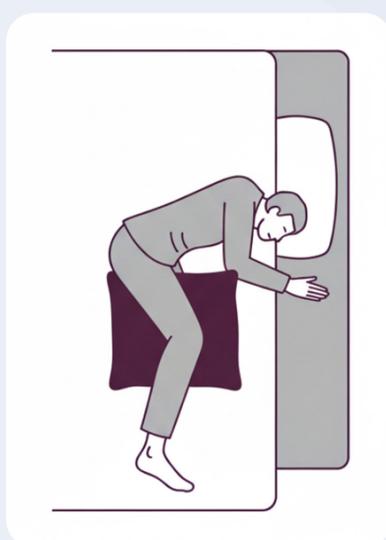
Knees slightly bent in a relaxed fetal position.

The way to help

Place a firm pillow between your knees and ankles.

The result

This keeps your hips, pelvis, and spine in a neutral, parallel line.



THE BACK SLEEPER

The position

Flat on your back, arms at your side, or on your chest.

The way to help

Place a small pillow or rolled-up towel under your knees.

The Result

Propping the knees slightly flattens the lumbar curve, reducing pressure.

THE STOMACH SLEEPER

The Issue

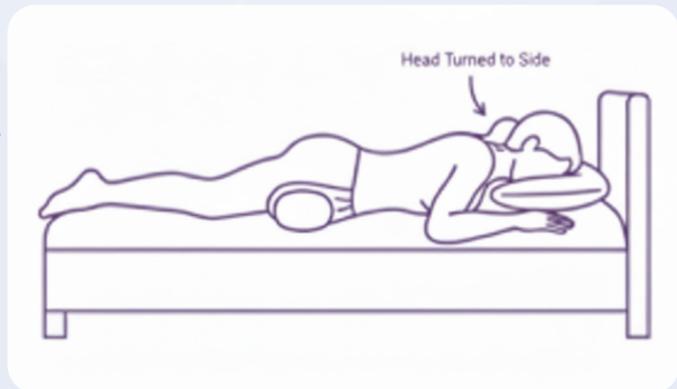
The upper cervical vertebrae in extreme rotation for hours.

The impact

Compression of the nerves at the base of the skull.

The way to help

Place a flat pillow under your pelvis (hips) to prevent your lower back from arching excessively.



Head Turned to Side

CHOOSING YOUR PILLOW



Your pillow is not for your head; it is for your neck.

Side sleepers

You need a thicker, firm pillow that fills the gap between your shoulder and your ear.

Back Sleepers

Choose a pillow that supports the natural "C" curve of your neck, keeping your chin neutral (not tucked or tilted back).